

# Once

拍數: 32      牆數: 4      級數: Improver  
編舞者: Double D (UK)  
音樂: For Once In My Life - Vonda Shepard



---

## TWINKLE, TWINKLE, ROCK AND STEP, ROCK AND STEP

1&2      Cross left over right, step right to right side, step left next to right  
3&4      Cross right over left, step left to left side, step right next to left  
5&6      Rock forward on left, replace weight onto right, step left next to right  
7&8      Rock forward on right, replace weight onto left, step right next to left

## FULL TURN FORWARD, ROCK AND STEP, CROSS BACK BACK, CROSS ¼ TURN STEP

1&2      Make a full turn over left shoulder stepping left, right, left  
3&4      Rock forward on right, replace weight onto left, step right next to left  
5&6      Cross left over right, step back on right, step back on left  
7&8      Cross right over left, step back on left making a ¼ turn to the right, step right to right side

## CROSS SIDE BEHIND, ROCK ROCK, BEHIND AND CROSS, TOUCH CROSS

1&2      Cross left over right, step right to right side, cross left behind right  
3-4      Rock to right side on right, rock to left side on left  
5&6      Cross right behind left, step left to left side, cross right over left  
7-8      Touch left toe to left side, cross left over right

## ROCK AND CROSS, ROCK ¼ TURN STEP, 1¼ TURN TRAVELING FORWARD, SIDE STEP TOUCH

1&2      Rock right to right side, step left in place, cross right over left  
3&4      Rock left to left side, make ¼ turn to right stepping forward on right, step left next to right  
5&6      Step forward right making ½ turn over left shoulder, step back on left making ½ turn over left shoulder, step forward on right making ¼ turn over left shoulder  
7&8      Step left to left side, step right next to left, touch left toe to left side

## REPEAT

---